



Daily Zen Doodles: 365 Tangle Creations for Inspiration, Relaxation and Joy

Meera Lee Patel

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A YEAR'S WORTH OF "TANGLED DRAWINGS" DESIGNED TO INSPIRE CREATIVITY AND SERENITY

With hand illustrated prompts and thoughtful quotes, *Daily Zen Doodles* will inspire you to lose yourself in the contemplative act of drawing. Each page is an invitation to sketch, relax, focus and reach toward inner peace.

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